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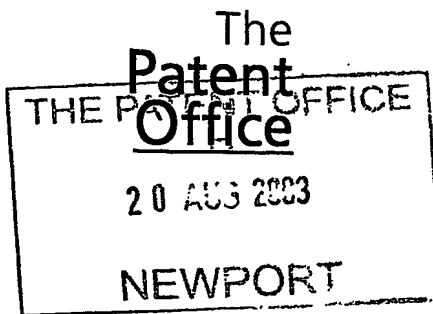


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R. Mahoney

Dated

6 January 2004



1/77

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1. Your reference	GML2826	20AUG03 E831567-1 002806 POL/7700 0.00-0319508.8
2. Patent application number (The Patent Office will fill in this part)	0319508.8	20 AUG 2003
3. Full name, address and postcode of the or of each applicant (underline all surnames)	PAYNE Clive Anthony 93 Carbery Avenue Southbourne Bournemouth Dorset BH6 3LP	
Patents ADP number (if you know it)		
If the applicant is a corporate body, give the country/state of its incorporation	8696957001	
4. Title of the invention	Exercise Apparatus	
5. Name of your agent (if you have one)	Barker Brettell Medina Chambers Town Quay Southampton SO14 2AQ	
"Address for service" in the United Kingdom to which all correspondence should be sent (including the postcode)		
Patents ADP number (if you know it)	07442494001	
6. If you are declaring priority from one or more earlier patent applications, give the country and the date of filing of the or of each of these earlier applications and (if you know it) the or each application number	Country	Priority application number (if you know it)
7. If this application is divided or otherwise derived from an earlier UK application, give the number and the filing date of the earlier application	Number of earlier application	Date of filing (day/month/year)
8. Is a statement of inventorship and of right to grant of a patent required in support of this request (Answer 'Yes' if: a) any applicant named in part 3 is not an inventor, or b) there is an inventor who is not named as an applicant, or c) any named applicant is a corporate body. See note (d))	No	

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Continuation sheets of this form

Description 6

Claim(s) -

Abstract -

Drawing(s) 2 + 2

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Priority documents

Translations of priority documents

Statement of inventorship and right to grant of a patent (Patents Form 7/77)

Request for preliminary examination (Patents Form 9/77)

Request for substantive examination (Patents Form 10/77)

Any other documents (please specify)

11.

I/We request the grant of a patent on the basis of this application.

Signature

Date

Barker Brettell
Barker Brettell

19.08.2003

12. Name and daytime telephone number of person to contact in the United Kingdom

G M Lomas

023 8033 6970

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EXERCISE APPARATUS

The present invention relates to an exercise apparatus and particularly but not exclusively relates to a free standing exercise apparatus for use by a single user to develop the major and minor muscles in the upper half
5 of the human body.

It has previously been proposed to provide an exercise apparatus to enable a user to perform multiple repetitive exercises to improve the condition of the upper half of the human body. Such prior apparatus can be relatively large, complex, expensive and unwieldy and not necessarily
10 suitable for the plurality of different exercises that a user may wish to perform.

According to a first aspect of the invention there is provided an exercise apparatus comprising at least one upright joined to a cross bar provided with a limb support means, the upright being of such a length that the
15 cross bar is spaced from the floor sufficiently such that, in use, the limb support means comprises a leg support means to be positioned beneath, and to support, the legs of the user when the user is positioned beneath the cross bar, the cross bar also being sufficiently spaced from the floor such that, in use, the limb support means comprises a hand grip means to
20 enable a user to push down on the exercise apparatus so that the exercise apparatus supports at least some of the user's weight.

Preferably the limb support means comprises two limb supports that are relatively spaced along the longitudinal axis of the cross bar.

Preferably the cross bar is provided with a third limb support in between
25 the two limb supports.

Preferably the exercise apparatus comprises two spaced apart uprights.

Preferably each limb support is adjacent a respective upright.

5 Preferably the cross bar is further provided with at least two additional limb supports that are also relatively spaced along the longitudinal axis of the cross bar, but which extend perpendicularly away from the longitudinal axis of the cross bar.

Preferably the additional limb supports are positioned between the two other limb supports so as to be spaced from the uprights.

10 Preferably the limb supports are concave so as to positively locate the limb of the user on the limb supports. Thus the two limb supports and the third limb support together are of waved formation.

Preferably the uprights and the cross bar are removably joined together such that the exercise apparatus is collapsible.

15 However the uprights and the cross bar may alternatively comprise a single, integral, non collapsible exercise apparatus.

Preferably the or each upright comprises a base which rests, in use, on the floor, and an arm portion extending away from the base portion and the floor, the cross bar being joined to the arm portion at a position distal from the base portion.

20 Preferably the arm portion is inclined from the base portion. Alternatively the arm portion extends substantially perpendicularly from the base portion. The arm portion may be curved.

Preferably the arm portion extends away from one end of the base portion to a position substantially above the mid point of the base portion. The base portion thus, when viewed in plan, extends away from both sides of the longitudinal axis of the cross bar so as to provide stability to the exercise apparatus to resist the exercise apparatus tipping over in use.

Other aspects of the present invention may include any combination of the features or limitations referred to herein.

The present invention may be carried into practice in various ways, but embodiments will now be described by way of example only with reference to the accompanying drawings in which:

Figure 1 is an exploded perspective view of the components of an exercise apparatus in accordance with the present invention; and

Figure 2 is a perspective view of the exercise apparatus of Figure 1 in an assembled condition.

Figure 3 is a perspective view of an alternative embodiment of the exercise apparatus in accordance with the present invention.

Referring to Figures 1 and 2, an exercise apparatus 1 comprises two spaced apart substantially vertical uprights 3 joined together by a single, substantially horizontal cross bar 5. The uprights 3 and the cross bar 5 are made from a tubular metal material although any other suitable material may alternatively be used.

Each upright 3 comprises a horizontal base portion 7 having two ends 9, 11, and an arm portion 13 extending upwardly away from end 9 of the

base portion 7. The arm portion 13 of each upright 3 is inclined relative to the base portion 7 and is of a length such that distal end 14 of the arm portion 13 terminates at a position substantially above the point midway between the two ends 4, 11 of the base portion 7. A brace 15 extends vertically between the distal end 14 of the arm portion 13 and the point mid way between the two ends 9, 11 of the base portion 7.

The end 11 of each upright 3 is provided with a handle 8.

The distal end 14 of each arm portion 13 is provided with an inwardly directed socket 16 adapted to receive an end of the cross bar 5.

10 The cross bar 5 comprises an elongate bar that is curved along its length so as to define three concave regions 17, 18, 19. The cross bar 5 thus resembles a wave along its longitudinal axis. At the intersection between the concave regions 17 and 18, and the intersection between the concave regions 18 and 19, are provided respective short beams 20, 21 which
15 each extend perpendicularly away from the longitudinal axis of the cross bar 5.

The concave regions 17, 18, 19 and the short beams 20, 21 each comprise limb supports together forming limb support means to support part of the user of the exercise apparatus 1.

20 To assemble the exercise apparatus 1, the ends of the cross bar 5 are inserted into the sockets 16 provided on the arm portions 13 of the uprights 3. Securing means 22 such as a bolt or split pin are provided to secure the ends of the cross bar 5 in the sockets 16.

25 Additionally, cross braces 23 are provided and extend between the base portions 7 of the uprights 3 to further strengthen the exercise

apparatus 1. The ends of each cross brace 23 terminate in a cupped region 25 dimensioned to partially receive the respective base portion 7 and any suitable securing means 25 such as a bolt or split pin can be provided to secure the cross braces 23 between the base portions 7. Thus
5 it will be appreciated that the exercise apparatus 1 is collapsible and can be disassembled by reversing the above procedure so that the exercise apparatus 1 can be stored in a relatively flat condition.

When assembled, the cross bar 5 is spaced from the base portions 7 of the uprights 3 and is thus spaced from the surface on which the exercise
10 apparatus 1 is placed. It is envisaged that the exercise apparatus 1 would be used on a planar surface such as a floor. A padded exercise mat may be provided between the planar surface and the exercise apparatus 1.

It will be appreciated that the arm portions 13 extend away from the base portions 7 a distance sufficient that a user of the exercise apparatus 1 can
15 lie between the uprights 3 and beneath the cross bar 5. However, the cross bar 5 is also spaced from the base portions 7 sufficiently that a user can stand adjacent the cross bar 5 so that the cross bar 5 is located about waist height of the average user.

To develop the muscles of the outer back, shoulder and biceps, the user
20 can lie beneath the cross bar 5 with his hands gripping the outer concave regions 17, 19 of the cross bar 5. His hands are thus spaced apart in a relatively wide grip and are adjacent the uprights 3. The user can then pull his upper body towards and away from the cross bar 5.

To develop the muscles of the inner back, shoulder and biceps, the user
25 can again lie beneath the cross bar 5 but with his hands gripping the inner concave region 18 of the cross bar 5. His hands are thus close

together in a relatively narrow grip remote from the uprights 3. Again the user can pull his upper body towards and away from the cross bar 5.

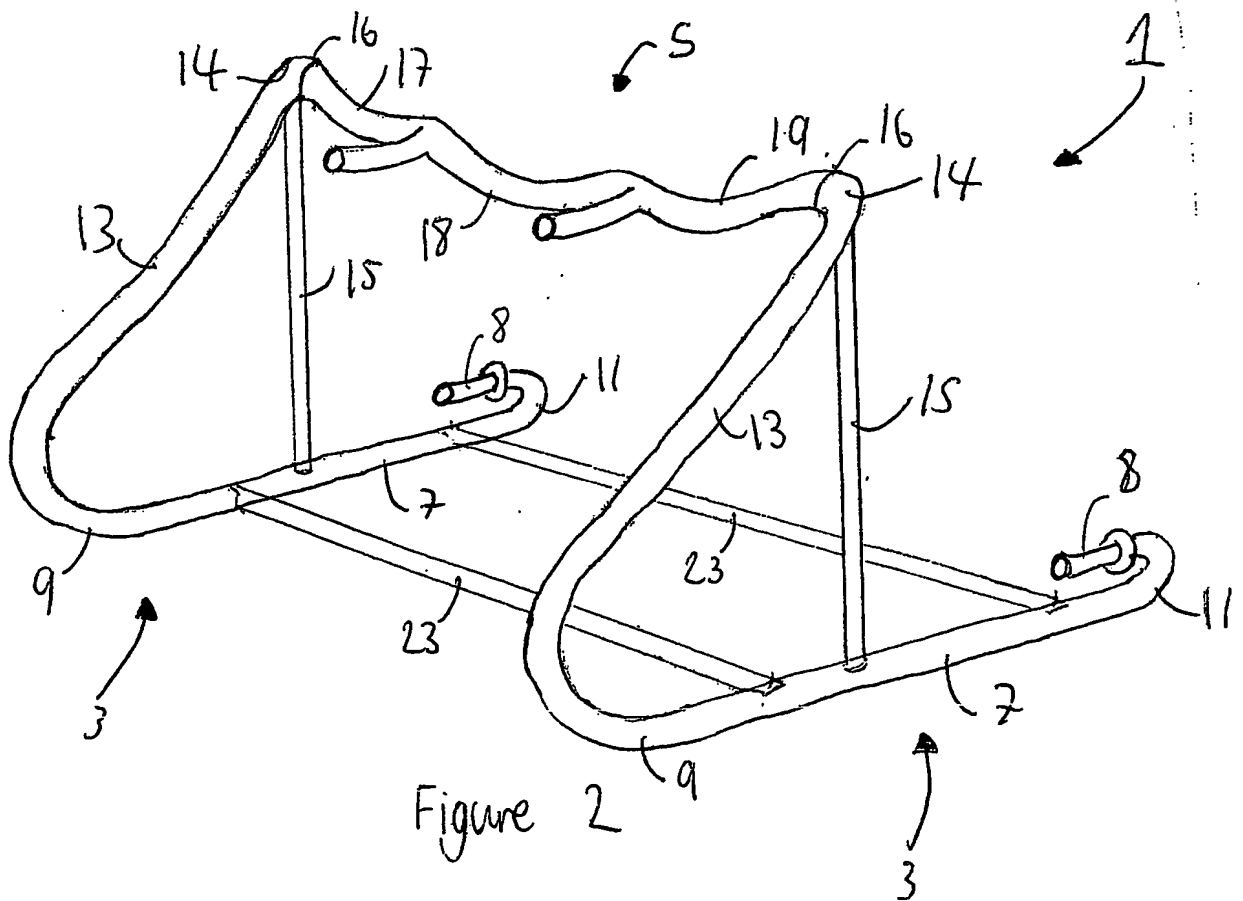
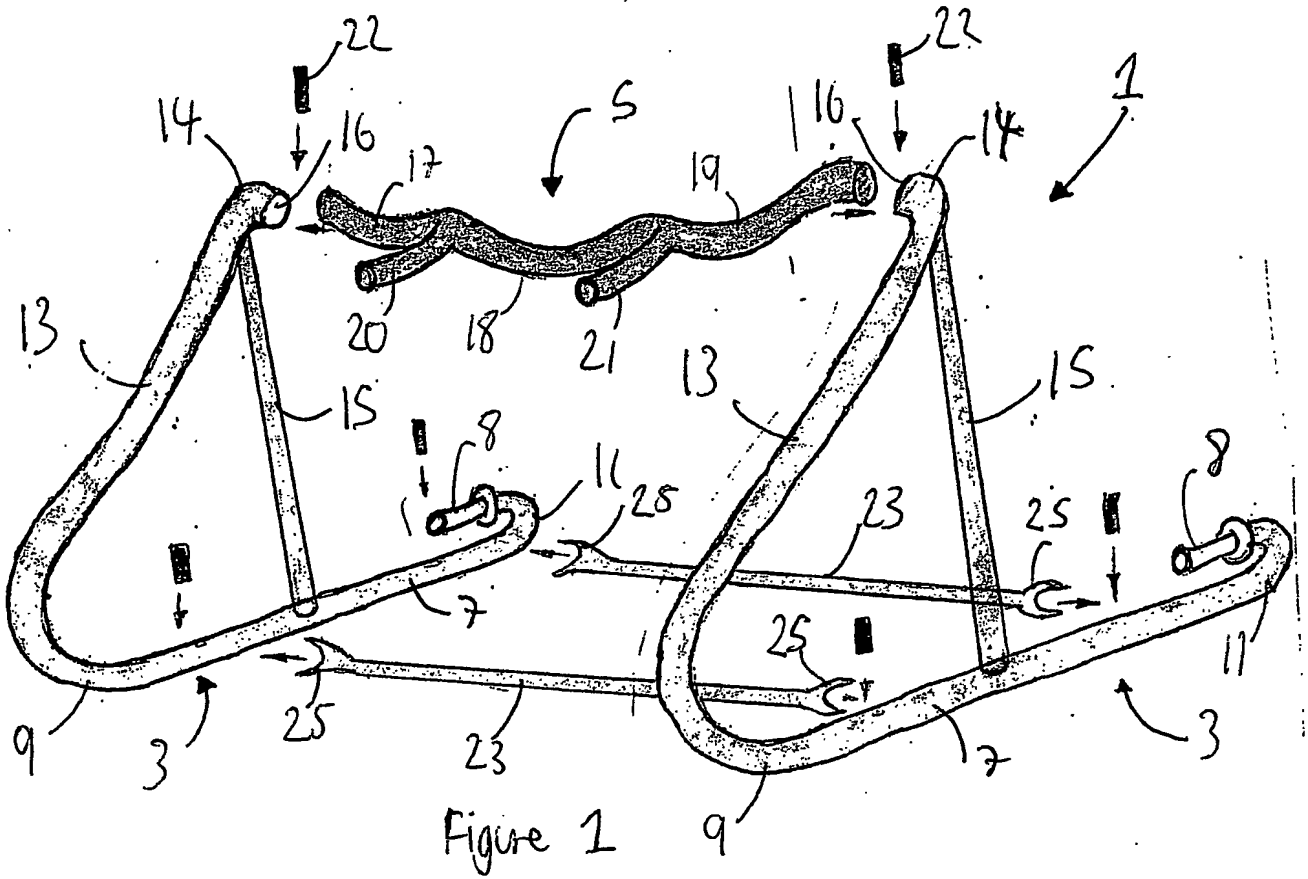
To develop the abdominal muscles, the user lies adjacent the exercise apparatus 1 with the back of his knees resting on respective concave regions 17 and 19. Thus his upper body and thighs are positioned on one side of the cross bar 5 and the lower legs are positioned on the other side of the cross bar 5. The user can then flex his upper body towards and away from the cross bar 5 so as to perform a sit up type exercise.

To develop the chest and shoulder muscles, and triceps, the user stands adjacent and facing the exercise apparatus and grips the outer concave regions 17, 19 with his hands. The use can then lower his upper body towards the cross bar 5. This can be achieved with the feet of the user on or off the floor.

Finally, to develop the triceps the user can stand adjacent but with his back to the exercise apparatus and again grip the outer concave regions 17, 19 with his hands. By flexing his arms, the user lowers his upper body towards the cross bar 5.

Thus the exercise apparatus 1 provides a compact, simple, strong apparatus for performing a plurality of different exercises by providing a plurality of supports for the hands and legs at a height such that the user can stand above or lie beneath the cross bar.

Figure 3 shows an alternative exercise apparatus 1' having similar features to the apparatus 1 of figures 1 and 2, but provided with a single, centrally located upright 13' mounted on a C-shaped base portion 7'.



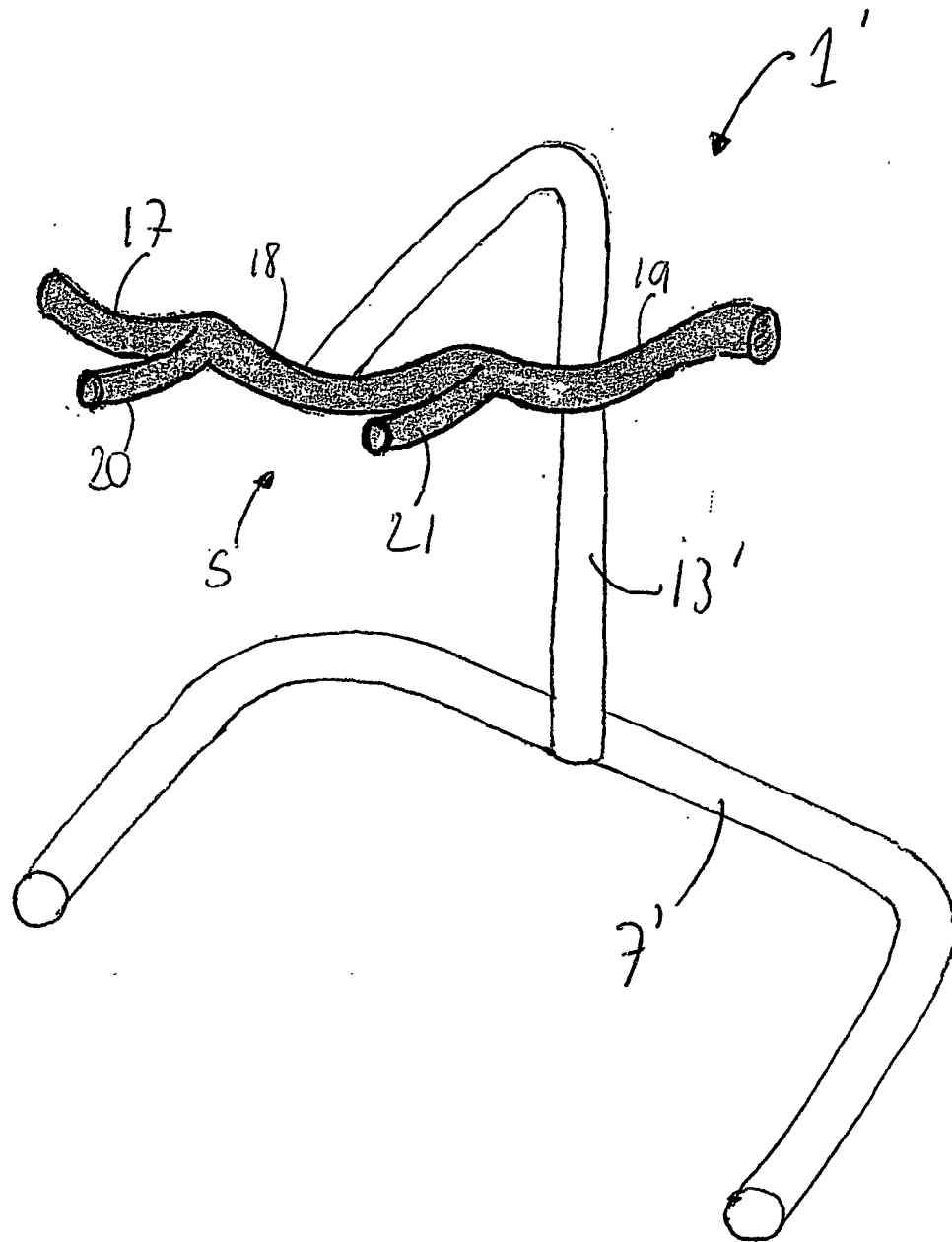


Fig 3

PCT Application
GB0305068



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